



HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month: Co-op Grocery, Cornerstone Insurance, Grumpy's Confectionary, Quayles Pharmacy, and various other businesses downtown. Pick up your free copy and share with a friend. Send your email address and request to be added to newsletter emailing list to birchhillsrec@sasktel.net

January 15th, 2017

Issue 134

Hello Readers,

Now that Old Man Winter has turned the thermostat back to a bearable temperature, it is time to get out and enjoy winter. Grab a curling broom, strap on cross country skis, lace up your skates, or go for a winter wander. If you are more of a supporter, cheer on your favorite team. Don't forget to buy your Sack the Quarterback tickets that support many worthy organizations in our community.

Until next time,

Natalie Matheson

Spaces available at the TLC Daycare!!

We accommodate children from 6 weeks to 12 years.

Hours of operation - Monday thru Friday
7:00am - 6:00pm.

TLC has trained ECE educators that are also trained in CPR and First Aid.

We offer daily programming, follow the Canada Food Guide for meals, and have an environment that promoted learning and no screen time.

TLC daycare involved our children in our community with our senior citizens and other community groups.

TLC daycare offers all of this and more!! A safe, child loving environment with staff who genuinely care!!

We are also a Charitable Organization and can issue receipts for any donations!!

Check out our beautiful daycare facility!! We have spaces available today for your child/children. If you have questions please call or drop by.

JANUARY issues of the Birch Hills Community activity news letter was provided to you by:
-BIRCH HILLS SNO-POSSE
-NORTH CENTRAL WASTE MANAGEMENT CORP.

-BIRCH HILLS BARRACUDAS

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact Laurie at 306-749-7451/ birchhillsrec@sasktel.net. The cost is \$100 by 3 sponsors (\$300/mos) for printing, advertising and ensuring that the newsletter stays free for you & the community.

Seeking Newsletter Sponsors for the New Year!!

Call 306-749-7451

Thank you for supporting your community with a free local paper.



COMMUNITY KAISER NIGHT

Every second Thursday,
beginning November 3
7:30pm at the Youth Centre
(Main St)
Everyone Welcome!

Birch Hills LIBRARY News

STORY TIME - Fridays w/ Ms Joanne.

For ages 3 & 4

Join us each Friday at 1:00pm



**Prince Albert Parkland Health
Region Volunteer Service
Opportunities**

The Prince Albert Parkland Health Region is in need of caring, compassionate and committed volunteers to fill service positions.

If you are in any volunteer service positions, or if you have a particular skill or talent you would like to share with patients, residents, or clients in the Health Region, please call your local health care facility to apply. You can also reach the PAPHR Volunteer Services Department at (306)765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.paphr.ca.

We look forward to matching your talents and interests with the right position for you.



MANE EVENT Salon & Dance Hall

Sack the Quarterback - Progressive Jackpot

Every Wednesday evening 5-7pm...Draw @ 7:15pm (must be in attendance to win). Food & Drink Specials

We would like to thank everyone for your continued support of our little business! As of January we will be taking a break from the salon for a couple months. We will continue to be open Wednesdays from 5 - 10pm as well as for Events and Rentals.

*Book the Hall for birthdays, anniversaries, reunions, etc .
Call / Text Kristy 306-749-7405*

**BIRCH HILLS BUSINESS HIGHLIGHTS
and NEWSLETTER SPONSOR**

NORTH CENTRAL WASTE MANAGEMENT CORPORATION

North Central Saskatchewan Waste Management Corporation (NCSWMC), was formed to recycle paper and cardboard for the member municipalities. Over the sixteen years since NCSWMC was formed we have expanded to recycling residential paper, cardboard, plastic and tin cans.

BIRCH HILLS BARRACUDAS LADIES HOCKEY TEAM

The Birch Hills Barracudas were formed in 2013. The team includes players from Birch Hills, Prince Albert, Meath Park, Kinistino, Melfort Area, St.Brieux, and Wakaw.



We play against teams from Prince Albert, Wakaw, Melfort, Tisdale, and Humboldt.

BIRCH HILLS SNO-POSSE

The Birch Hills Sno-Posse is a local snowmobile club that will host the Birch Hills Snowmobile Rally on Saturday February 11th, 2017. The executive consists of the following members: President: Mark Evans, Vice-President/Treasurer: Matthew Njaa, Secretary: Tammy Forsyth and 4 Directors: Sheldon Gordon, Cathy Gordon, Chris Braaten and Robert Fossen.

The snowmobile club would like to welcome anyone willing to join a great organization. The money raised from the rallies is used to maintain 3 cabins that are strategically located along the river. These cabins are stocked with wood and other survival supplies that make a great outdoor adventure. The club organization also donates money within the community of Birch Hills. This year the club voted on a \$1000.00 donation towards the Birch Hills Curling Club and also a \$1000.00 donation to the Birch Hills Skating Rink.

Without the hard work of volunteers none of this is possible. We would like to thank the past and present members for all their hard work and dedication towards this organization.

If you have an interest in snowmobiling/ATV, the love of the outdoor environment, or just want to meet folks that have the same interests, this is the club for you.

Follow us on Facebook under "Birch Hills Sno-Posse for the latest information on meeting dates and times, and photos of all generations enjoying the use of Cabin 5, Cabin 10 and Northpoint Cabin.

The club would like to remind all snowmobilers in the area to respect farmers crop that may be in the field, and no snowmobiling on the golf course as posted.

For more information about the Birch Hills Sno-Posse Club contact Mark Evans @960-2569 or Matthew Njaa @ 749-7010.

Sack the Quarterback Progressive Jackpot

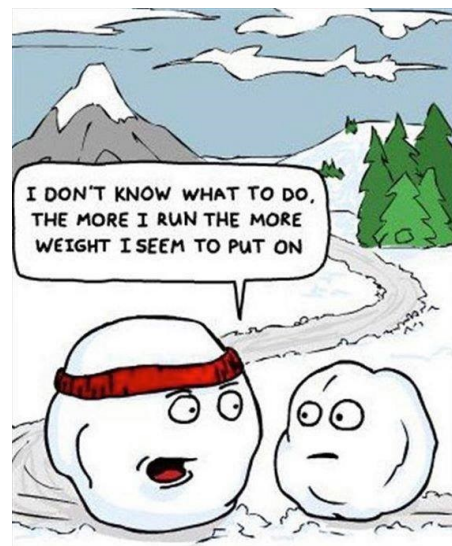
Congratulations to the January 4th winner Jackie Mickelson who drew the Two of Diamonds and won \$114, and to the January 11th winner The Coffee Row Guys (Kim, Wayne, and Barry) who drew the Three of Diamonds and won \$115.

Join us Wednesdays at The Mane Event. Tickets on sale 5:00-7:00pm. Draw at 7:15pm. You must be in attendance to win. Tickets \$5 each, 3 for \$10, 8 for \$20



Next week's Progressive Jackpot starts at \$2180.

Join the 'SACK THE QUARTERBACK' Facebook page for updates, winners and Weekly Specials.



BRRR CHILLS WINTER FESTIVAL

FEBRUARY 16 - 18, 2017



Thursday February 16

Birchview Home Winter Carnival 2:00PM

Birch Hills Museum Meatball & Gravy Supper 4:30PM Full Meal Deal \$10, Children Under 12 \$5, Preschool Free Take Out Available Call 306-749-2262

Friday February 17

Seniors Soup & Sandwich Luncheon 11:00AM Seniors Hall - Free Will Donation

Soup, Sandwich, Beverage, and Dessert Followed By Carpet Bowling and Shuffleboard For Fun

Mac's Creek Tobogganing 4:00PM West on Golf Course Road - Watch For Signs

Weiner Roast, Hot Chocolate, Bonfire, and Fireworks - No Charge

Sponsored by Barry's Rock and Dirt, Evans 8 Excavating, RM of Birch Hills, Winding River Colony

Saturday February 18

Library Pancake Breakfast

Wind Up Family Snow Stomp Dance 8:00PM

Lots of Fun For The Whole Family - Food, Beverages, and Snacks - DJ Entertainment

Sunday February 19

Country Gospel Concert 2:30PM Birchview Home - Lunch to Follow

CRYSTAL SPRINGS NEWS

Bingo: Thank you for all the support at Bingo 2016. Bingo resumes in Crystal Springs on Tuesday April 4, 2017.

The hall is available for rent. Contact Lynn 306-864-8013

Coffee Row: The Crystal Springs Rec Co-op will be hosting a "coffee row" once monthly at their newly renovated facility at Crystal Springs Hall. Next date Wednesday Feb 1st 2:00 - 4:00





EVERY WEEK IN THE HILLS

Open to Community

MONDAYS

Bowling at the Senior Hall 2:00 pm Dolores Jones 749-2680
 Line Dancing (beginners) all welcome 9:30-11am @ Civic Centre
 Fire Dept Mtgs every 2nd Mon 7pm @ fire hall Kyle Jensen 749-7536
 Dreamland Optimists Group meet 1st and 3rd Mon 7:30pm Sr Ctr

TUESDAYS

Moms & Tots @ Youth Centre 10am-12pm \$2 drop in fee
 Library Open Weekly 12-4pm and 5-8pm
 Bingo in Crystal Springs 7:30 @ Crystal Springs Hall (till Dec 13)
 Rec Volleyball 8:00-9:30pm @ school gym \$2 to play
 Knitting Grannies meet 2nd & 4th Tues @ museum 1:00pm

WEDNESDAYS

Line Dancing all welcome 9:30-11am @ Civic Centre
 Thrift Shop Open at the Museum 9-4:00pm Great Deals!
 Coffee & Sweets at the Museum 3:00 pm
 Birchview Ladies Aux 9:30 every 2nd Wed ea month
 Town Council Meetings 2nd and 4th Wed of the month
 Sack the Quarterback Draw 5-7 @ Mane Event

THURSDAYS

Cribbage at the Senior Hall 2:00 pm Dolores Jones 749-2680
 Moms & Tots @ Youth Centre 9am-12pm \$2 drop in fee
 Library Open 12 - 4:30pm
 Kaiser Nite @ Youth Ctr 7:30pm every 2nd Thurs (starts Nov 3)
 Legion Mtg 2nd Thurs ea month 7pm @ legion hall.



FRIDAYS

Lutheran Church Coffee Break 9:30-11am Bellamy & 4th
 (No Coffee Break for the month of January)
 Birch Hills Library Open 12-4:30pm/ Story time 1-1:45pm 4&5yrs

SATURDAY

Thrift Shop Open at the Museum 1:00-4:00pm

Birch Hills Cowboy Church

@ Community Centre

1st Sun of each month

Next Service

Sunday, Feb 5th 7:00pm

Featuring Country Gospel Music
 with down home bible message with
 Pastor Rick Martin (981-2235)

Potluck Cookies & Cake to follow

All are Welcome



The 2017 Graduating Class is planning on holding a bottle drive during the last 2 weeks of February to help support their big day. The funds will be used for the ceremony (Grand March) and banquet, not the safe grad.

Individuals wishing to rid themselves of bottles prior to the final drive in February can drop them off at 25 Birch Drive at anytime.



Lutheran Church Fri day AM Coffee
 Cancelled from December
 16th to the end of January.



St Mary's Anglican Church News

We are hosting a **Community Luncheon** at the Anglican Church on the 3rd Friday of each month from 11am-1:30pm.

Free will offering. Everyone Welcome

The next luncheon is Friday January 20th.



Saturday Morning Coffee Row
 at the Youth Centre

7:00am - 10:00am.



Ladies Curling Bonspiel

February 10th - 11th

Friday night wing night starting at 6:00pm. Everyone welcome.

\$160/team

Olympic Themed



To register, please contact Jodie Gordon @ 930-7306.

CURLING CLUB BONSPIELS



Open Jan 27/28 ****New Date****
 Ladies Feb 10/11
 Masters Mar 8-12
 2 Person Mar 24/25
 Seniors bonspiels to be determined.
 Afternoon, Rec and Competitive leagues starting mid November.

Blackhawks Senior Hockey News

January 20 8:30pm vs Dalmeny
 February 3 8:30pm vs St. Louis



Free admission to January 20th game courtesy of Great Western Brewing Company.

February 3rd game has a guaranteed \$500 50/50 courtesy of Tilford Paining - Brock Tilford

Playoffs begin the weekend of February 10th.

Please contact Jamie at 306-980-8687 if you are interested in helping with games

League website: www.trhl.ca.

Like us on Facebook - (Birch Hills Sr. Blackhawks) to check the latest scores and find out when we play.

Christmas Tree Drop Off

Between the Post Office and the Farmer's Market.



Interested in Yoga?

Mon, Jan 9- Feb 13

7:40 - 8:40 pm

Birch Hills Dance Studio



Hatha yoga practice will focus on core postures, breath work, relaxation techniques, and yoga philosophy. Practice for students with no previous experience of Yoga as well as those with experience wanting to work to improve their yoga practice.

5 class pass \$40.00 Drop in - \$10.00

For further information call, text or email
 Dawne @ 306-961-9073, dmadams@sasktel.net,
 Gaylene @ 306-749-7474

BIRCH HILLS SNO-POSSE
 21st ANNUAL
SNOWMOBILE RALLY
SATURDAY FEBRUARY 11, 2017
 Registration At
BIRCH HILLS CIVIC CENTRE
 Hands Sold From
 8:00 AM - 1:00 PM
 Last hand in By 4:00 PM

PANCAKE BREAKFAST
 Starting @ 8:00 AM

FREE TRAIL LUNCH PROVIDED
 "Warm Up Shacks Along Trail"
 "BBQ Burgers Served @ Civic Centre"
PRIZES TO FOLLOW!

BIRCH HILLS SNO-POSSE

For more information call:
 Mark Evans @ 306 960-2569 or Mathew Njaa @ 306 749-7010
 Find us on Facebook: Birch Hills Sno Posse

MINOR HOCKEY GAMES

January 24	Pee Wee vs St. Brieux	6:45pm
January 25	Atom vs Tisdale	6:30pm
January 28—29	Novice tournament	
January 29	Midget vs Tisdale	6:30pm



Laurie Berube,
Recreation Director

Box 280, Birch Hills, Sk S0J 0G0

Cell: 306-749-7451 text or call
E-mail: birchhillsrec@sasktel.net
Facebook Page: 'Town of Birch Hills
Community & Recreation'
Town Website: www.birchhills.ca

In Laurie's absence, please send
your events and information to
natalie.matheson@outlook.com
or leave a message at
306-749-7451.



NOTICE OF NOMINATION

Nominations will be accepted January 23/2017 to February 03/2017
for Delegates of The Prince Albert Co-operative Association.

Delegate Positions are available at the following locations:

- * Domremy (one 3 year term)
- * La Ronge (one 3 year term)
- * Paddockwood (one 3 year term)
- * Shellbrook (one 3 year term)
- * Smeaton (one 3 year term)
- * Wakaw (one 3 year term)
- * Big River (one 3 year term)
- * Kinistino (one 3 year term & one 1 year term)
- * Marcelin (one 3 year term)
- * Canwood (one 3 year term)
- * Birch Hills (one 3 year term)
- * Prince Albert (five 3 year terms & one 1 year term)

Nomination forms are available at the Food Store at each location,
except Shellbrook where they can be picked up at the Agro Center.

Nominees must do the majority of their Co-op purchases at the
location for which they are nominated, or be a resident of the district.

Birch Hills Upcoming Events

- Jan 20 - Anglican Church Community Luncheon
- Sr Hockey vs Dalmeny 8:30pm
27/28 - Open Curling Bonspiel
28 /29 - Novice MH Tourney
- Feb 3 - Sr Hockey vs St. Louis 8:30pm
4 - Dreamland Optimist Trade Show
4/5 - Atom MH Tourney
10/11 - Ladies Curling Bonspiel
11 - Sno Posse Snowmobile Rally
16 -19 - BRRR Chills Winter Festival
20 - 24 - School Break
- Mar 4 - IP MH Tourney
8-12 - Masters Curling Bonspiel
10/11 - Gooser Hockey Tournament
24/25 - 2 Person Curling Bonspiel

FREE LITTLE LIBRARY

Take a book, Leave a book

@ 5 McCallum Avenue and TLC Daycare

Brought to Birch Hills by Kids First out of
Prince Albert



Please Share Paper with a
friend or Send request to
birchhillsrec@sasktel.net to
receive the news letter online

STAY UPDATED

'LIKE' our Facebook page to get activity and
news updates. Feel free to add your own event or
activity info on the 'Birch Hills Community &
Recreation' Facebook page.



Also on Facebook 'Birch Hills SK Golf
Course'



Follow the Birch Hills Water Treatment Plant on Twitter

Follow the Birch Hills Water Treatment Plant @bhwaterplant on Twitter. Our goal is to try to inform,
educate and update our community on water issues in general. There is also a blog that expands on the
water plant's twitter account at: bhwaterplant.wordpress.com. This blog explains the water treatment process more
in depth and can also be accessed through our twitter account. Please follow us on Twitter and read our blog!